

MILWAUKEE COUNTY



MEALS ON WHEELS

MARCH



MEALS ON WHEELS
AMERICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MEALS ON WHEELS</p> <p>414-358-6527</p> <p> DIABETIC DESSERT</p> <p>find us on facebook</p>	<p>Suggested Contribution \$3.00 60+</p> 	<p>Pepper Steak 1</p> <p>w/Tomato, Onion, Peppers</p> <p>Buttered Noodles</p> <p>Stir-Fry Veggie Blend</p> <p>Vienna Bread</p> <p>Cinnamon Apple Slices</p>	<p>Teriyaki Chicken 2</p> <p>Leg/Thigh</p> <p>Brown Rice</p> <p>Oriental Vegetables</p> <p>Biscuit</p> <p>Fresh Fruit</p>	<p>Tuna Casserole 3</p> <p>Chef's Vegetables</p> <p>Warm Peaches</p> <p>Multi-Grain Bread</p> <p>Fruit Crisp</p> <p> Fruit</p>
<p>Hot Roast Beef 6</p> <p>Coney Bun</p> <p>Tater Tots</p> <p>Whole Kernel Corn</p> <p> Juice</p> <p>Apricots</p>	<p>Smothered Pork Chop 7</p> <p>Wild Rice</p> <p>Mixed Vegetables</p> <p>Whole Grain Bread</p> <p>Fresh Plum</p>	<p>Chicken Supreme 8</p> <p>Fresh Sweet Potato</p> <p>Baby Peas</p> <p>Spinach Salad/Dressing</p> <p>Whole Wheat Dinner Roll</p> <p>Fresh Fruit</p>	<p>Grilled Cheddar Burger 9</p> <p>w/Lettuce & Tomato</p> <p>Sesame Bun</p> <p>Baby Baker Potatoes</p> <p>Baked Beans</p> <p>Carrot Sticks</p> <p>Ambrosia</p>	<p>Baked Fish 10</p> <p>Lemon Sauce</p> <p>Au Gratin Potatoes</p> <p>Wisconsin Vegetables</p> <p>Marble Rye Bread</p> <p>Grapes</p>
<p>Oven-Fried Chicken 13</p> <p>Sweet Potato Wedges</p> <p>Creamed Spinach</p> <p>Biscuit</p> <p>Red-Delicious Apple</p>	<p>Pie Day ($\pi=3.14$) 14</p> <p>Turkey Tetrazzini</p> <p>Grilled Vegetables</p> <p>Glazed Beets</p> <p>Poppy Seed Roll</p> <p>Strawberry Cream Pie</p> <p> Strawberries</p>	<p>Pulled Pork 15</p> <p>Whole Grain Bun</p> <p>American Fried Potatoes</p> <p>Country Style Vegetables</p> <p>Red Cabbage Slaw</p> <p>Banana</p>	<p>St. Paddy's Celebration 16</p> <p>Irish Stew</p> <p>Red Potatoes</p> <p>Braised Cabbage</p> <p>Dinner Roll</p> <p>Shamrock Cookie</p> <p> Fruit</p> 	<p>Seafood Salad 17</p> <p>Leaf Lettuce</p> <p>Pasta Salad</p> <p>Baby Carrots</p> <p>Split-Top Dinner Roll</p> <p>Mixed Fruit</p>
<p>Burrito Bowl 20</p> <p>Cilantro Rice</p> <p>Black Beans & Corn</p> <p>Cornbread</p> <p>Doritos</p> <p>Peaches</p>	<p>Hot Ham & Cheese 21</p> <p>Kaiser Roll</p> <p>German Potato Salad</p> <p>Calico Beans</p> <p>Mandarin Oranges</p> <p>Granola Bar</p>	<p>Spaghetti & Meatballs 22</p> <p>w/Italian Tomato Sauce</p> <p>Roasted Brussels Sprouts</p> <p>Arugula Salad</p> <p>Italian Bread</p> <p>Lemon Bar</p> <p> Lo-Cal Pudding</p>	<p>Apricot-Glazed 23</p> <p>Pork Loin</p> <p>Baked Potato/Sour Cream</p> <p>Grilled Vegetables</p> <p>7-Grain Bread</p> <p>Chilled Pineapple</p>	<p>Omelet 24</p> <p>w/Broccoli & Cheese</p> <p>Hashbrowns</p> <p>Veggie Sausage Patty</p> <p>Mixed Fruit Cup</p> <p>Apple Muffin</p>
<p>Country Ribs 27</p> <p>German Potato Salad</p> <p>Succotash</p> <p>7-Grain Bread</p> <p>Pineapple Cake</p> <p> Pineapple Tidbits</p>	<p>Salisbury Steak 28</p> <p>w/Gravy</p> <p>Potatoes</p> <p>Peas & Carrots</p> <p>French Bread</p> <p>Fresh Pear</p>	<p>Chicken Caesar Salad 29</p> <p><i>Romaine, Tomatoes</i></p> <p><i>Croutons, Dressing</i></p> <p>Whole Wheat Dinner Roll</p> <p>Fresh Fruit</p> <p>Blueberry Yogurt</p>	<p>Roast Turkey 30</p> <p>Whole Grain Bun</p> <p>Hashbrown Casserole</p> <p>Southwest Vegetables</p> <p> Cranberry Juice</p> <p>Fruited Jello</p>	<p>Vegetable Lasagna 31</p> <p>Italian Beans</p> <p>Mixed Greens/Dressing</p> <p>w/Tomato & Cucumber</p> <p>Garlic Bread</p> <p>Clementine</p>

Plant-Based Protein Sources

It's easy to find plant-based sources of protein at the grocery store. Just look at all these options! These foods also tend to be high in fiber, vitamins, minerals and other important nutrients.



Beans



Broccoli



Chickpeas



Greens



Lentils



Nut Butter



Nuts and Seeds



Peas



Potatoes



Quinoa



Seaweed



Soy milk



Spinach



Tempeh



Tofu



Veggie Patties